

particle, a viral capsid, a phage capsid, a virus-like particle, a liposome, a micelle, a bead, a nanoparticle, a microparticle, a chemotherapeutic agent, a contrast agent, an imaging agent, a label, a labeling agent, an anti-angiogenic agent, a pro-angiogenic agent, or a combination.

**125.** The composition of claim **98**, wherein the CendR element is comprised in an amino acid sequence.

**126.** The composition of claim **125**, wherein the amino acid sequence is comprised in a protein or peptide.

**127.** The composition of claim **98**, wherein the CendR element is comprised in a protein or peptide.

**128.** The composition of claim **126**, wherein the protein or peptide can be internalized into a cell, penetrate tissue, or both when the amino acid sequence is present in the protein or peptide but not when the amino acid sequence is not present in the protein or peptide.

**129.** The composition of claim **126**, wherein the protein or peptide can penetrate tissue when the amino acid sequence is present in the protein or peptide but not when the amino acid sequence is not present in the protein or peptide.

**130.** The composition of claim **126**, wherein the protein or peptide can be internalized into a cell and penetrate tissue when the amino acid sequence is present in the protein or peptide but not when the amino acid sequence is not present in the protein or peptide.

**131.** The composition of claim **125**, wherein the amino acid sequence can be internalized into a cell, penetrate tissue, or both without being associated with the co-composition.

**132.** (canceled)

**133.** The composition of claim **125**, wherein the amino acid sequence can penetrate tissue without being associated with the co-composition.

**134.** (canceled)

**135.** The composition of claim **125**, wherein the amino acid sequence can be internalized into a cell and penetrate tissue without being associated with the co-composition.

**136.** (canceled)

**137.** The composition of claim **125**, wherein the amino acid sequence is the only functional internalization element in the protein or peptide.

**138.** The composition of claim **126**, wherein the protein or peptide is circular.

**139.** The composition of claim **126**, wherein the CendR element is at the C-terminal end of the protein or peptide.

**140.** The composition of claim **126**, wherein the internalization, penetration, or both of the co-composition into or through a cell, tissue, or both is enhanced when the amino acid sequence is present in the protein or peptide but not when the amino acid sequence is not present in the protein or peptide,

wherein the penetration of the co-composition into or through tissue is enhanced when the amino acid sequence is present in the protein or peptide but not when the amino acid sequence is not present in the protein or peptide,

wherein the internalization and penetration of the co-composition into or through a cell and tissue is enhanced when the amino acid sequence is present in the protein or peptide but not when the amino acid sequence is not present in the protein or peptide,

wherein the internalization, penetration, or both of the co-composition into or through a cell, tissue, or both is enhanced when the CendR element is present in the

protein or peptide but not when the CendR element is not present in the protein or peptide,

wherein the penetration of the co-composition into or through tissue is enhanced when the CendR element is present in the protein or peptide but not when the CendR element is not present in the protein or peptide, or

wherein the internalization and penetration of the co-composition into or through a cell and tissue is enhanced when the CendR element is present in the protein or peptide but not when the amino acid sequence is not present in the protein or peptide.

**141-183.** (canceled)

**184.** The composition of claim **98**, wherein the CendR element comprises a sequence selected from the group comprising R/K/HXXR/K/H (SEQ ID NO:20), R/KXXR/K (SEQ ID NO:23), and R/K/HXXKG (SEQ ID NO:21).

**185.** The composition of claim **184**, wherein the CendR element comprises a sequence selected from the group comprising RXXK, RXXH, KXXR, KXXH, HXXR, HXXK, and HXXH.

**186.** The composition of claim **98**, wherein there is no non-covalent bond involving an atom that is connected via a chain of covalent bonds to the CendR element and an atom that is connected via a chain of covalent bonds to the co-composition.

**187.** The composition of claim **98**, wherein the co-composition does not comprise a functional internalization element.

**188.** The composition of claim **98**, wherein the CendR element and the co-composition are not associated with each other via an affinity ligand.

**189.** The composition of claim **98**, wherein the CendR element and the co-composition are not specifically associated with each other.

**190.** The composition of claim **98**, wherein the CendR element and the co-composition are indirectly associated with each other via multiple intervening non-covalent bonds.

**191.** The composition of claim **98**, wherein the CendR element does not include KRTR (SEQ ID NO:259) or RVRR (SEQ ID NO:267).

**192.** The composition of claim **98**, wherein the amino acid sequence is comprised in a protein or peptide, wherein the protein or peptide is circular, and wherein the protein or peptide does not comprise LyP-1.

**193.** The composition of claim **98**, wherein the CendR element is associated with one or more accessory molecules, wherein one or more of the accessory molecules are homing molecules, wherein the CendR element selectively homes to tumor cells, tumors, tumor blood vessels, or a combination, wherein the amino acid sequence is comprised in a protein or peptide, wherein the protein or peptide does not comprise LyP-1.

**194.** The composition of claim **98**, wherein  $X_1$  and  $X_4$  are not both R, wherein the CendR element is not KLRK (SEQ ID NO:247), KPPR (SEQ ID NO:255), KRSR (SEQ ID NO:244), KWKK (SEQ ID NO:245), RRLK (SEQ ID NO:246), RRTK (SEQ ID NO:265), RRPK (SEQ ID NO:264), KQRR (SEQ ID NO:256), KRAR (SEQ ID NO:257), KRGR (SEQ ID NO:258), RSFK (SEQ ID NO:266), KKPR (SEQ ID NO:254), or KRTR (SEQ ID NO:259).